

KETTTLER

Montageanleitung „RACE“ Art.-Nr. 07938-180

deutsch

english

française
nederlands

español

italiano

polski

čeština

dansk

português



Abb. ähnlich



■ ■ ■ MADE IN GERMANY



A 120 cm
B 53 cm
C 120 cm
56 kg

max.
130 kg

~45 – 55 Min.

Assembly Instructions

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

For Your Safety

- ⚠ **RISK!** Instruct people using the equipment (in particular children) on possible sources of danger during exercising.
- ⚠ **RISK!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- ⚠ **RISK!** **Heart rate monitoring systems can be imprecise. Excessive training may lead to serious health damage or death. If you feel giddy or weak, please stop the training immediately.**
- ⚠ **WARNING!** The training device should be used only for its intended purpose, i.e. for physical exercise by adult people.
- ⚠ **WARNING!** Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- ⚠ **WARNING!** Before beginning your program of training, study the instructions for training carefully.
- ⚠ **WARNING!** All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control system as otherwise values displayed might be distorted (e.g. pulse measurement).
- ⚠ **WARNING!** After your training by all means turn the turning handle for brake adjustment back to zero position in order to avoid heat influences on brake linings and disk flywheel. Pay attention to the fact that the quickly rotating disk flywheel strongly heats during operation.
- Exercise has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out

of use until this has been done. Use only original KETTLER spare parts.

- If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!**
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.**
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In case of enquiry, please contact your KETTLER dealer.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).
- For a comfortable training position please adjust the handlebar and saddle position to your body height.
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).
- The exercise cycle complies with the DIN EN 957 - 1/5, class HC. It is therefore unsuitable for therapeutic use.

Handling the equipment

- ⚠ **ATTENTION!** It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. The friction surface of the flywheel is especially sensitive to the formation of rust. Should this occur (e.g. after a prolonged period of disuse) the rust should be removed using sandpaper or steel wool. Do not use grease or oil! **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**
- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.

- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from

the Sport specialized trade.

- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- The equipment is dependent of revolutions per minute.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.

- Always wear suitable shoes when using.
- Nobody may be in the moving range of a training person during training.
- After your training by all means turn the turning handle for brake adjustment back to zero position in order to avoid heat influences on brake linings and disk flywheel.
- The brake linings should also be checked at regular intervals and adjusted as necessary.

Instructions for Assembly

⚠ RISK! Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is **always** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.

- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 33-35

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art.no. 07938-180 / spare-part no. 10100030 / 2 pieces / S/N

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „**with fastening material**“.

Waste Disposal

KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Ⓓ **Heinz KETTLER GmbH & Co. KG**
 SERVICECENTER
 Henry-Everling-Str. 2
 D-59174 Kamen
www.kettler.de
 ☎ +49 (0)2307 974-2111
 📠 +49 (0)2307 974-2295
 Mail: service.sport@kettler.net

Ⓐ **KETTLER Austria GmbH**
 Ginzkeyplatz 10
 5020 Salzburg
www.kettler.at
 ☎ +43 662 620501 0
 📠 +43 662 620501 20
 Mail: office@kettler.at

Ⓒ **Trisport AG**
 Im Bösch 67
 CH - 6331 Hünenberg
 Servicehotline Schweiz:
www.kettler.ch
 ☎ 0900 785 111

Messhilfe für Verschraubungsmaterial

- GB - Measuring help for screw connections

- F - Gabarit pour système de serrage

- NL - Meethulp voor schroefmateriaal

- E - Referencia de medición para el material de atornilladura

- I - Misura per il materiale di avvitamento

- PL - Wzornik do połączeń śrubowych

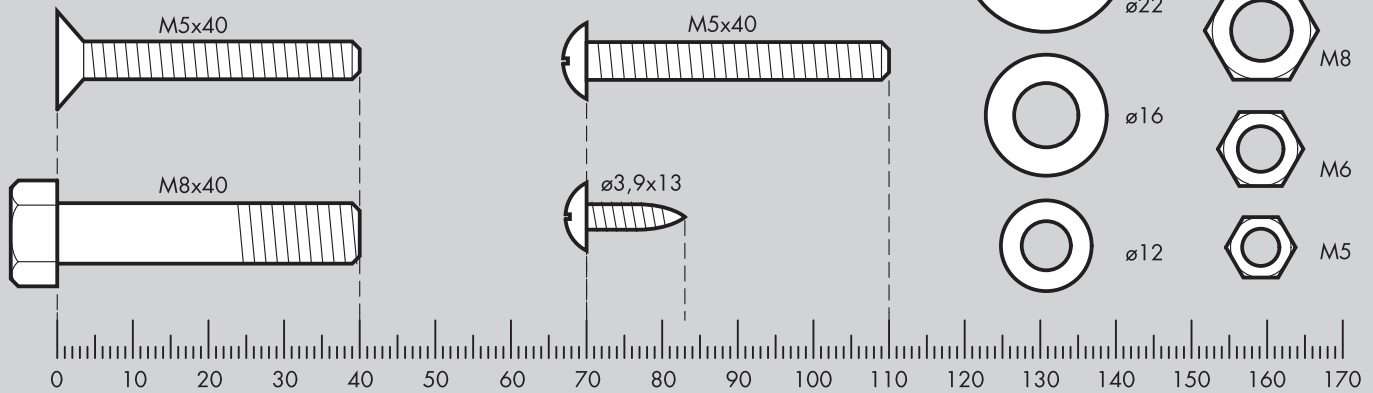
- CZ - Měřicí pomůcka pro materiál k přišroubování

- dk - Hjælp til måling af skruer

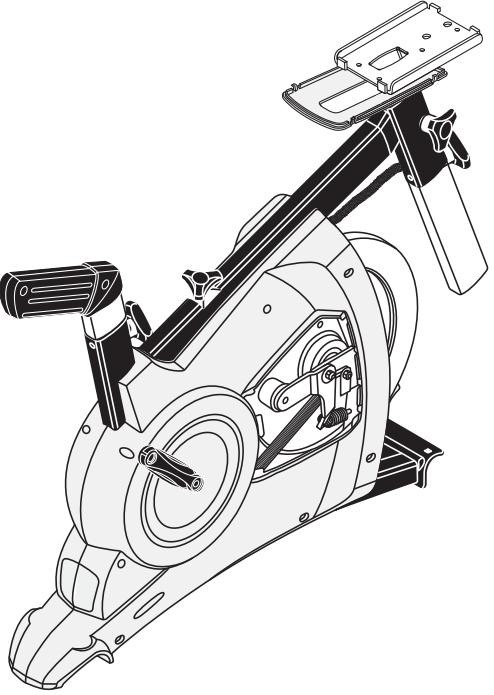
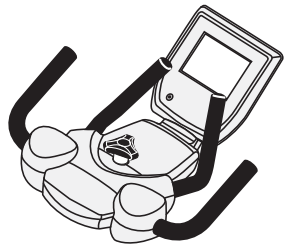
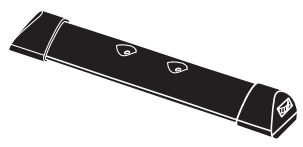
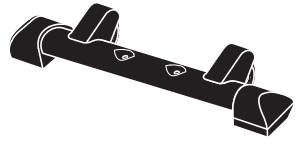

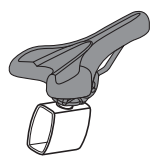
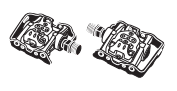
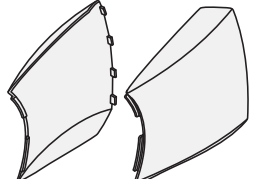
- P - Auxiliar de medição para materiais de aparafusamento

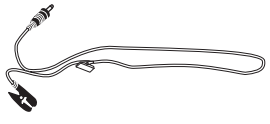







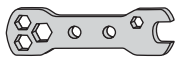

Beispiele **Examples** Exemples Bij voorbeeld Ejemplos

Esempio Przykłady Příklad Eksempel Exemplo

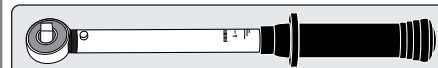


Checkliste

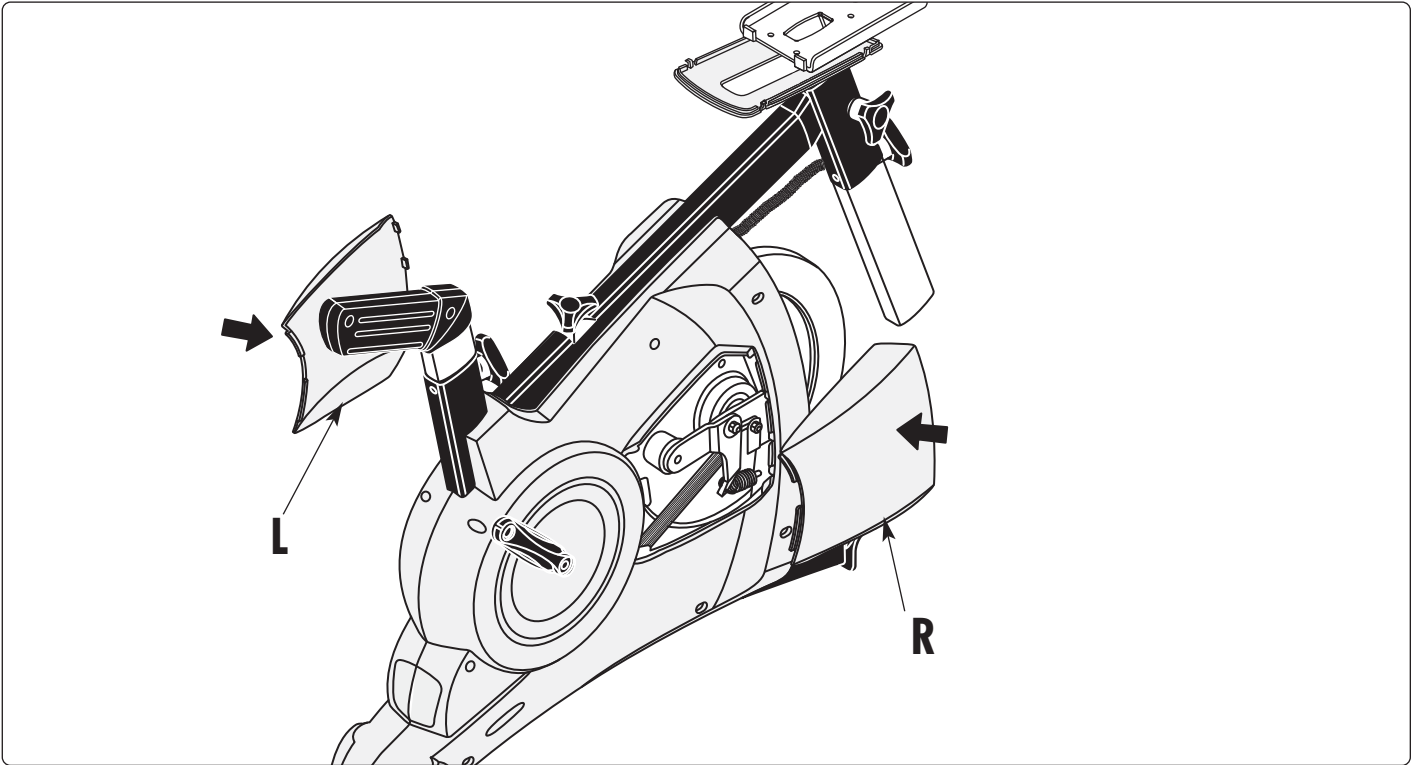
	1	
	1	
	1	
	1	
	2	
	1	
	1/1	
	1/1	

		1	
	M 6 x 20	6	
	Ø 6,4x12,5x1,6	6	
	M 8 x 60	2	
	M 8 x 60	2	
	M 8	2	
	Ø 8,3x16x2	4	
	M 12	1	
		1	
	SW 5	1	

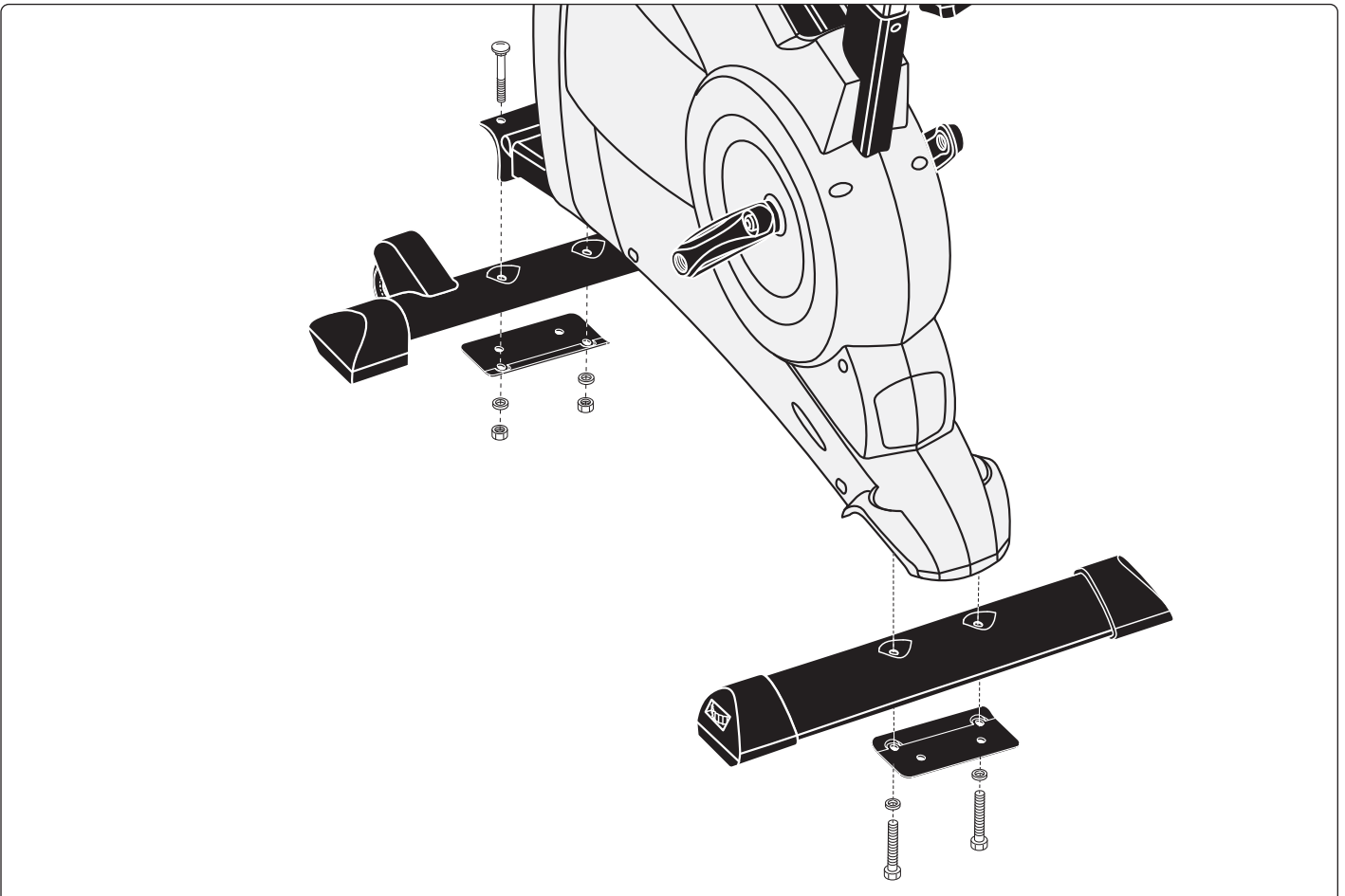
- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- CZ - Nepatří do rozsahu dodávky
- P - Não está incluído nas peças fornecidas
- DK - Er ikke inkluderet i leveringsomfanget.



1



2



M 8x60 = 15 Nm



M 8 x 60



Ø 8, 3 x 16 x 2



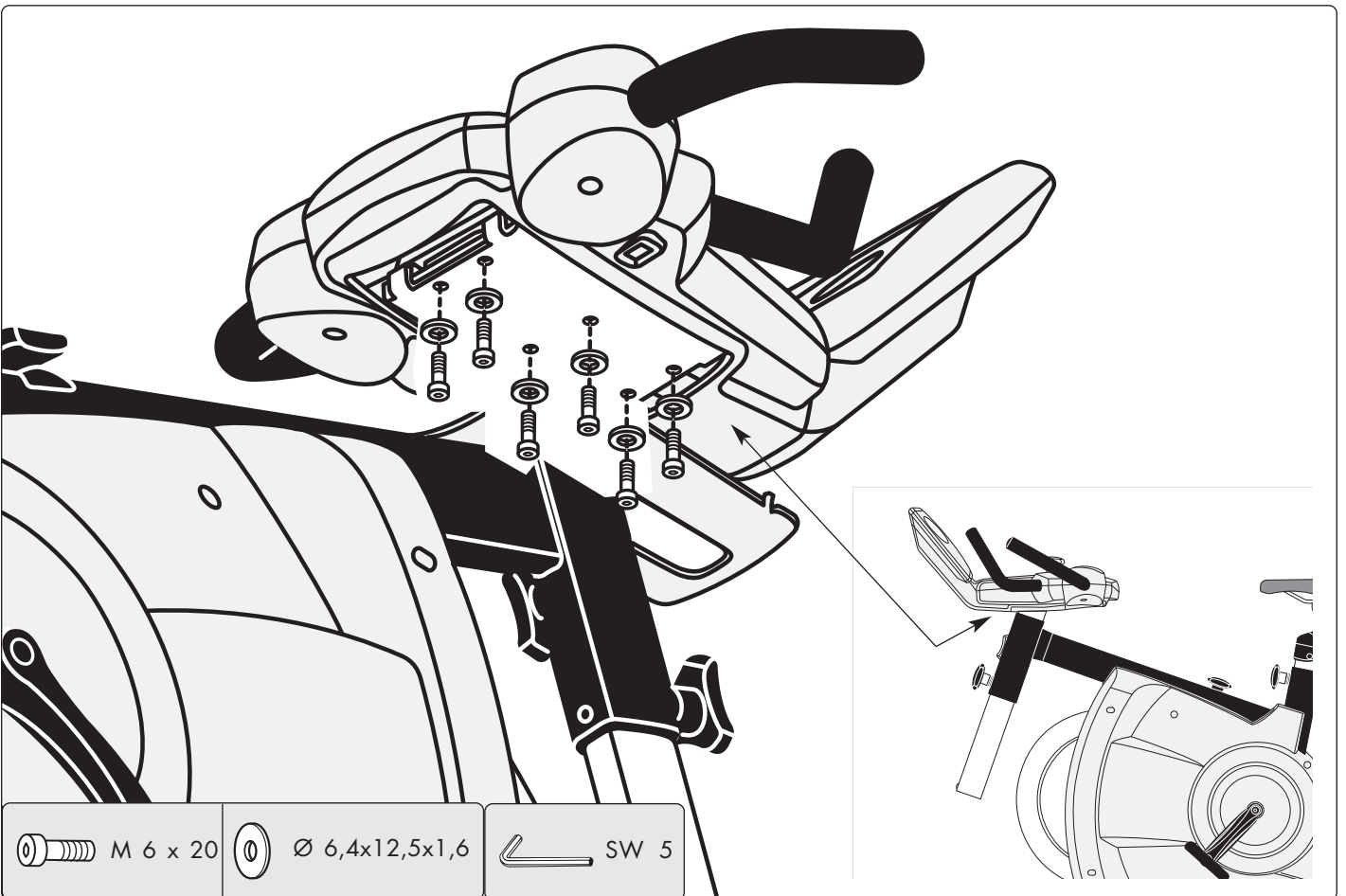
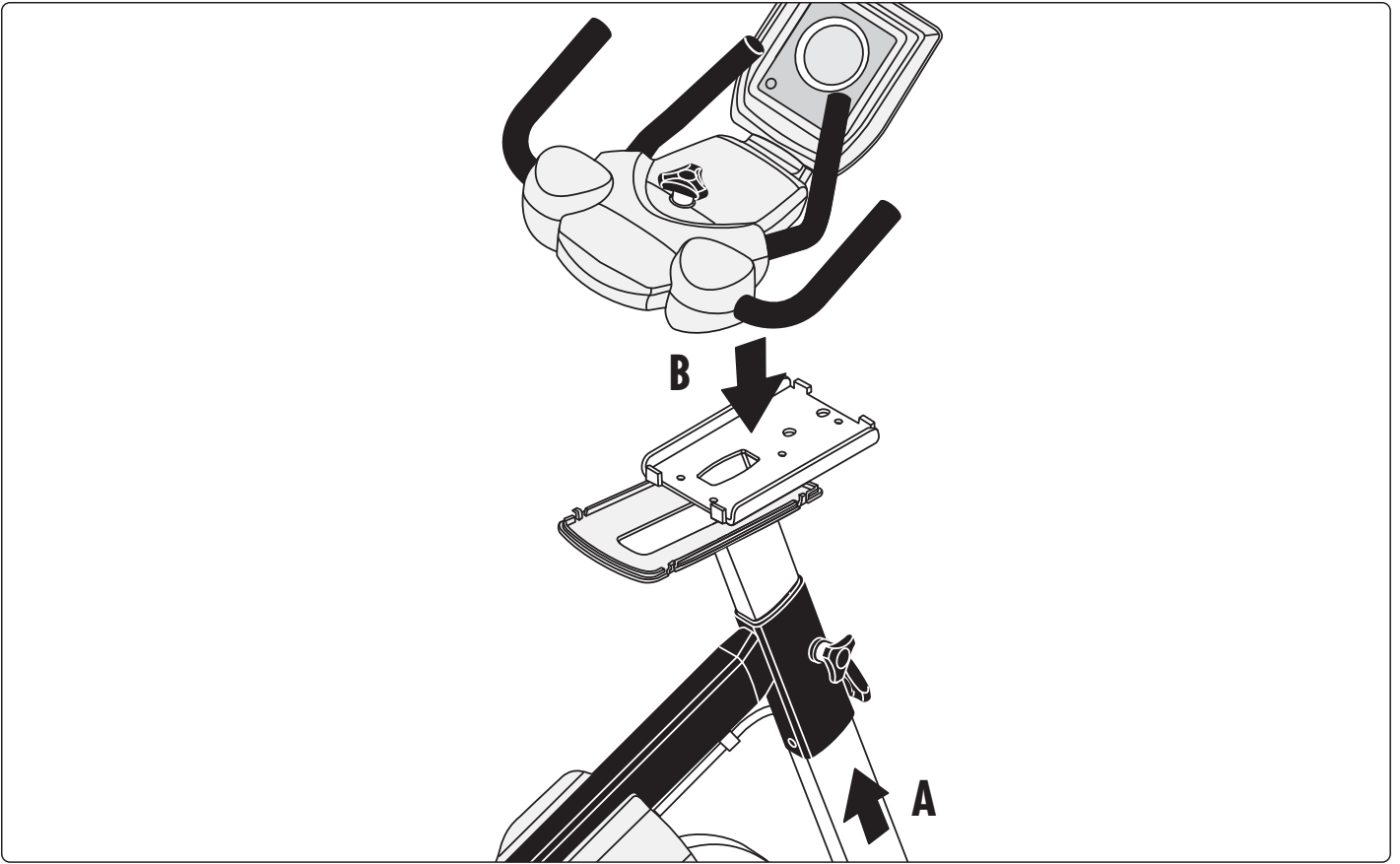
M 8 x 60

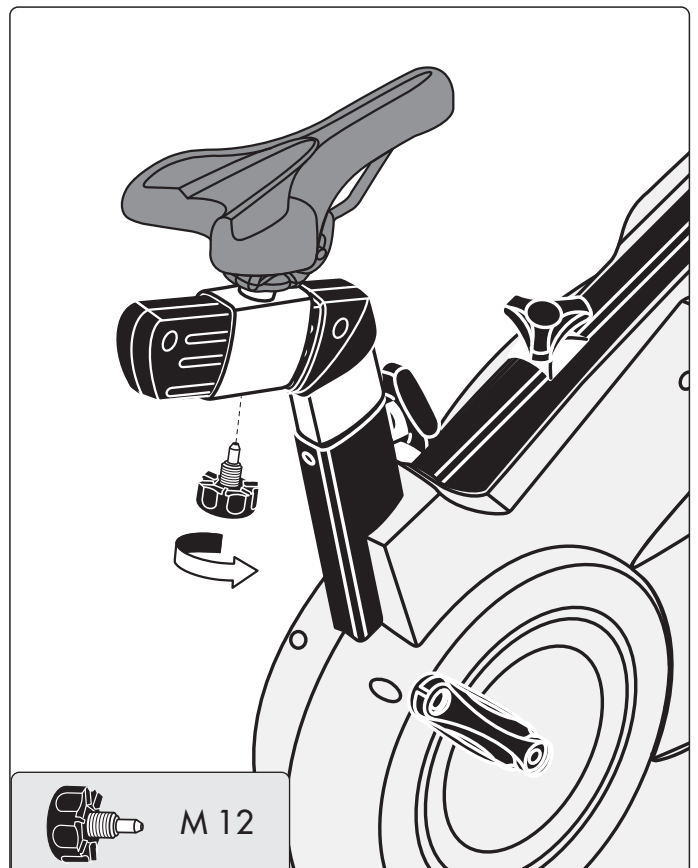
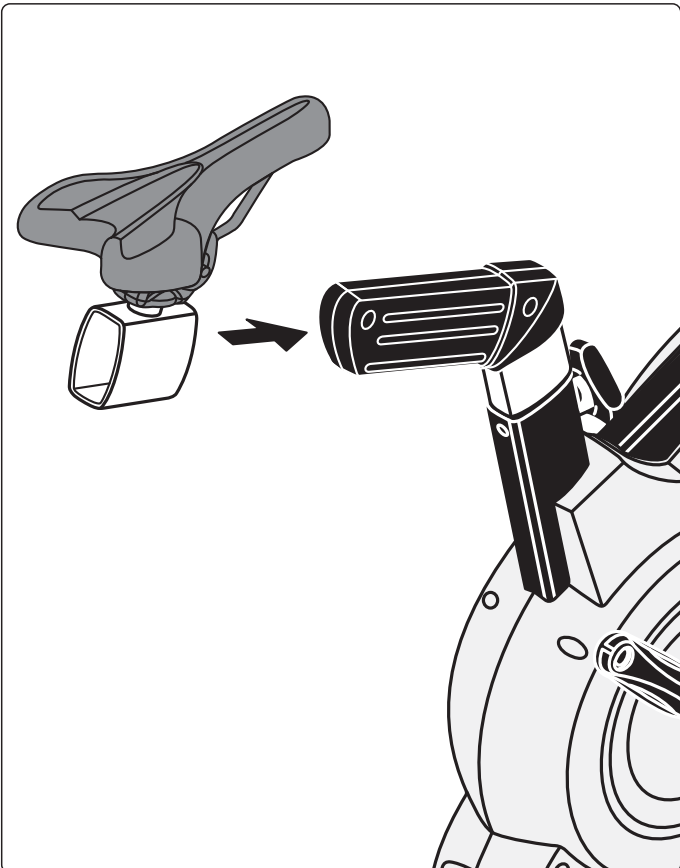
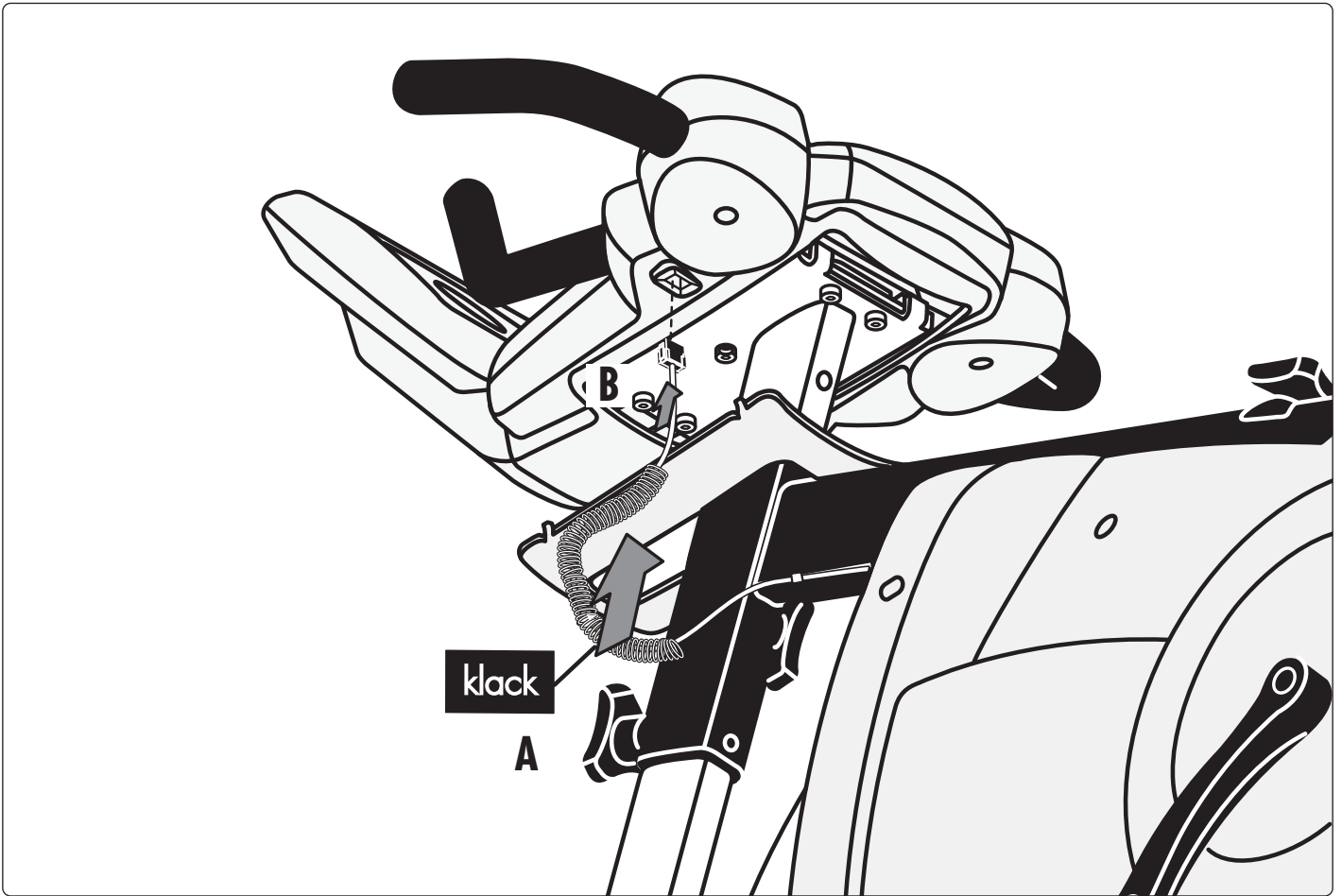


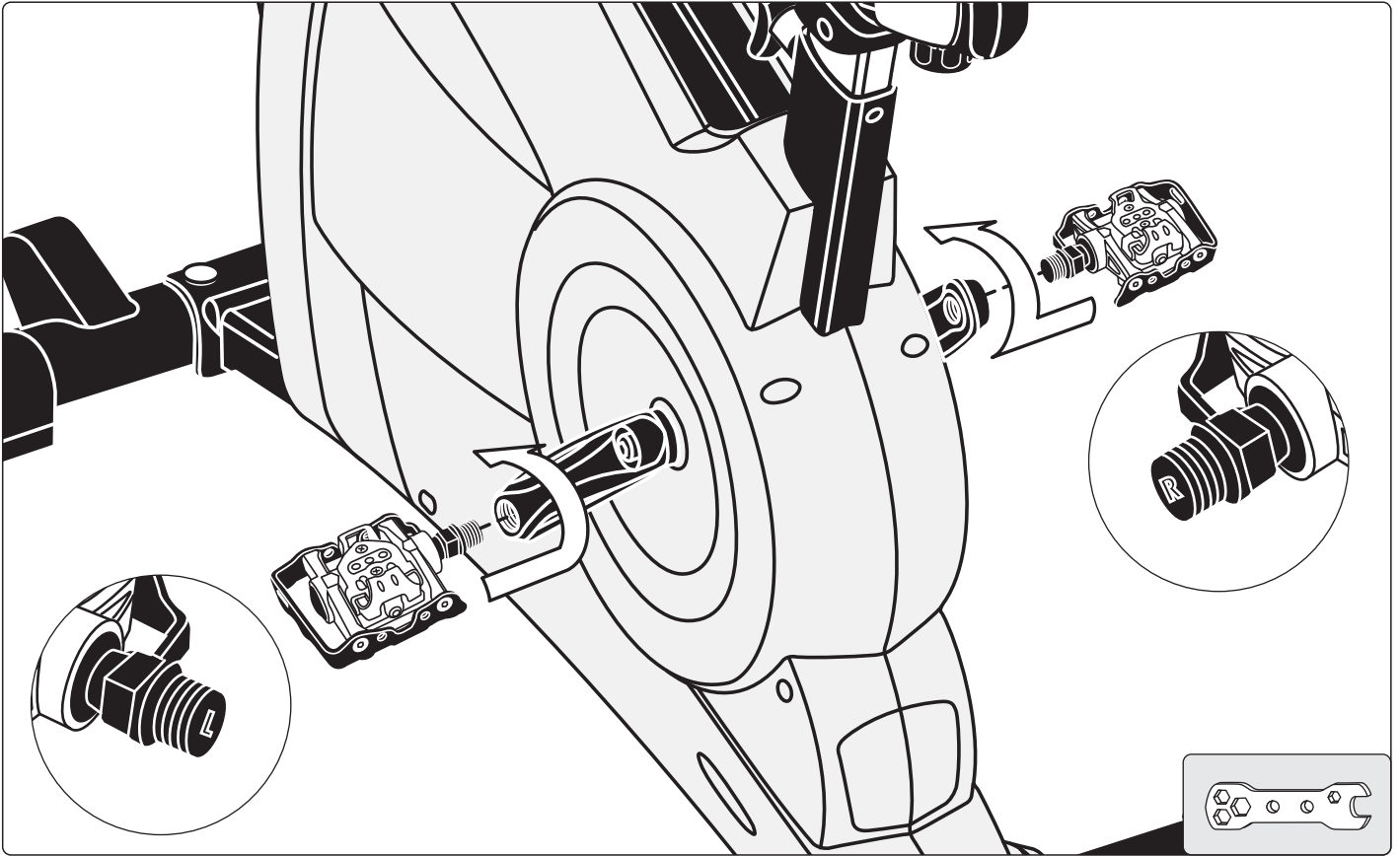
Ø 8, 3 x 16 x 2



M 8





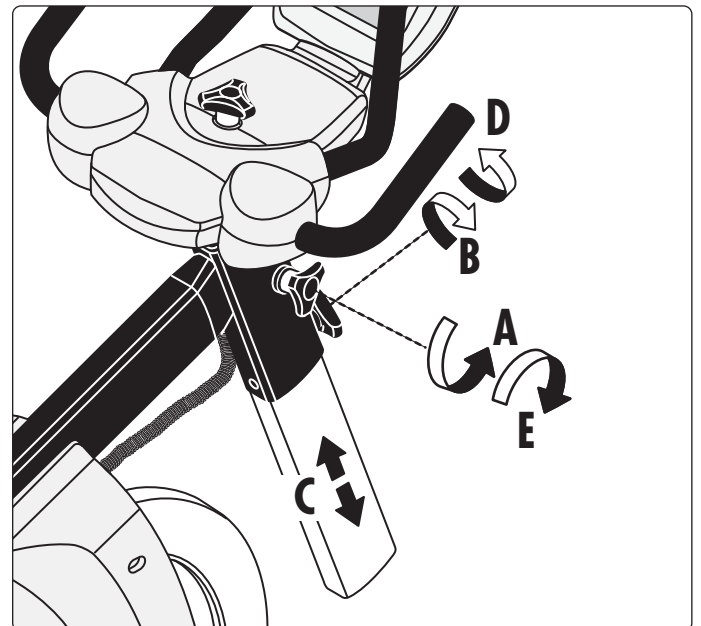
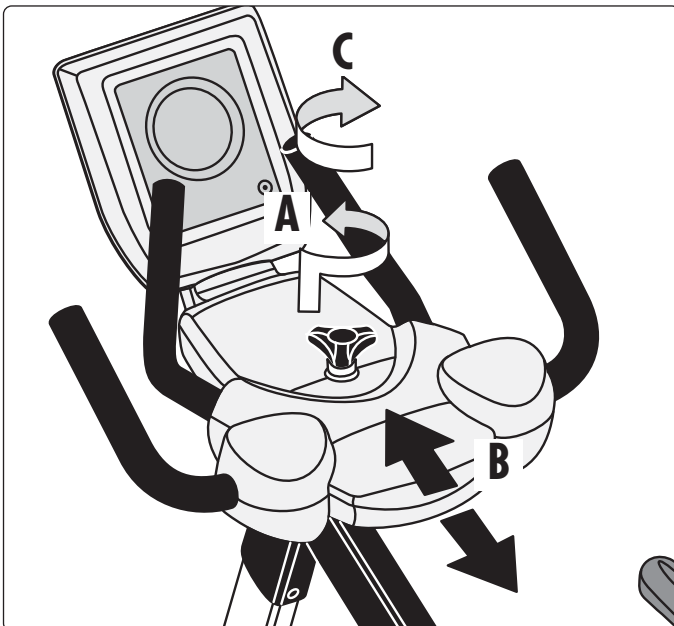


Handhabungshinweise

- gb - Handling - f - Indications relatives à la manipulation - nl - Bedieningsinstructies - e - Instrucciones de manejo

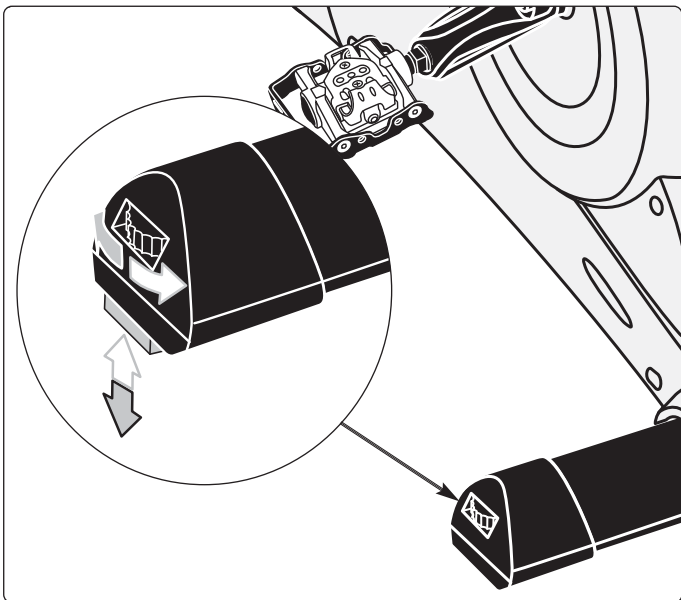
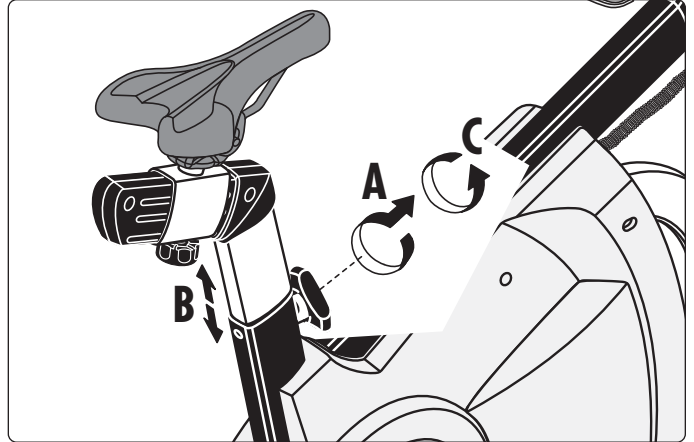
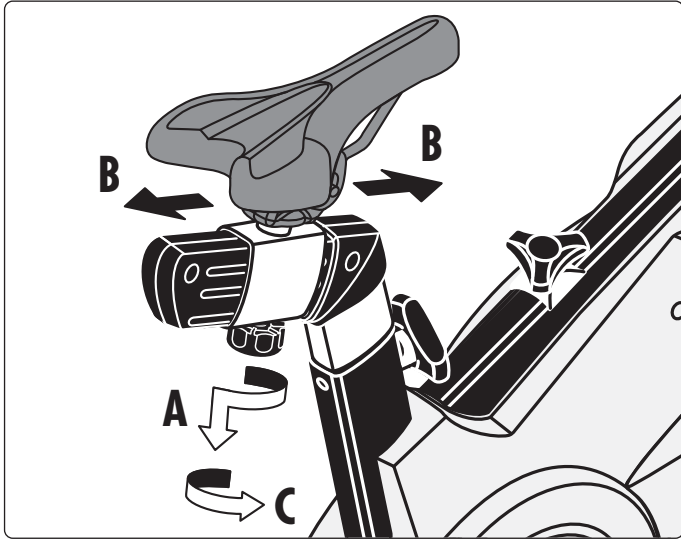
- i - Avvertenze per il maneggio - pl - Wskazówki obsługowe - cz - Pokyny k manipulaci - dk - Håndtering

- p - Notas sobre o manuseamento



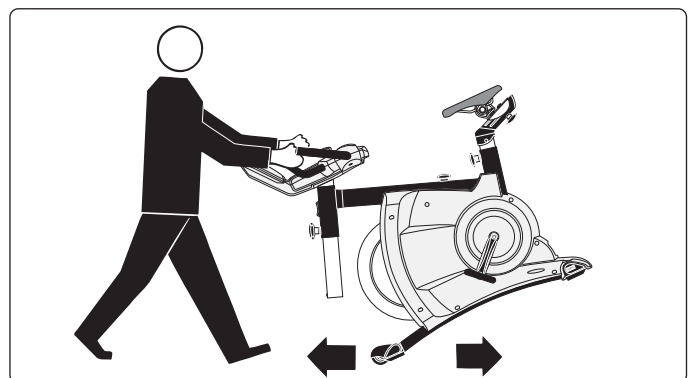
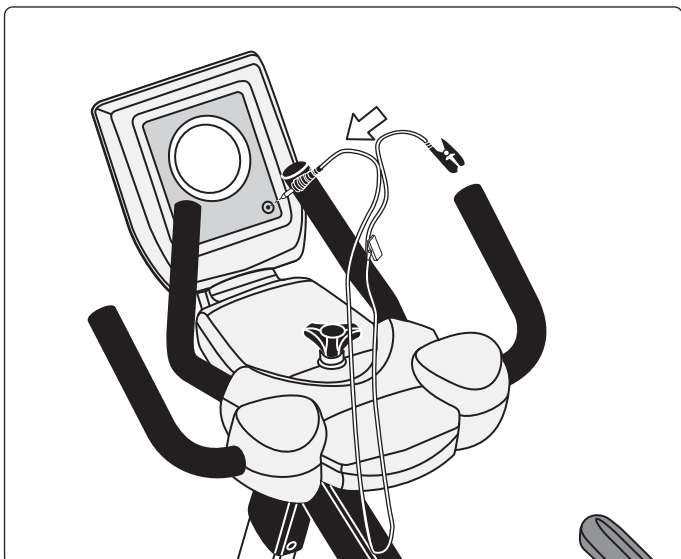
Handhabunashinweise

- gb - Handling - f - Indications relatives à la manipulation - nl - Bedieningsinstructies - e - Instrucciones de manejo
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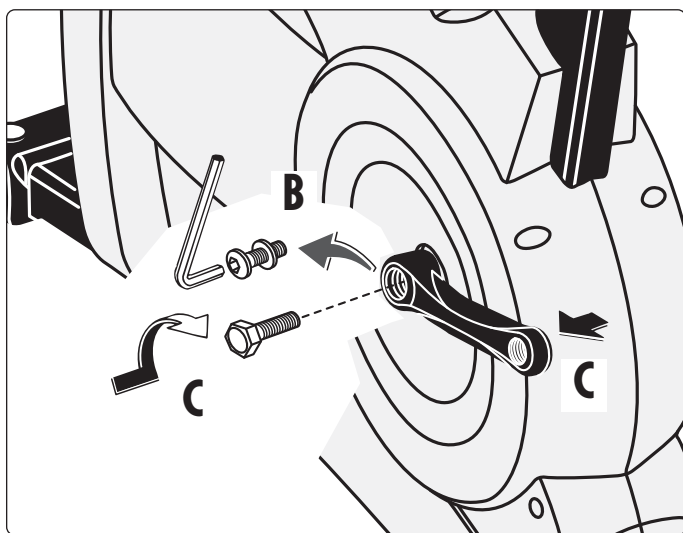
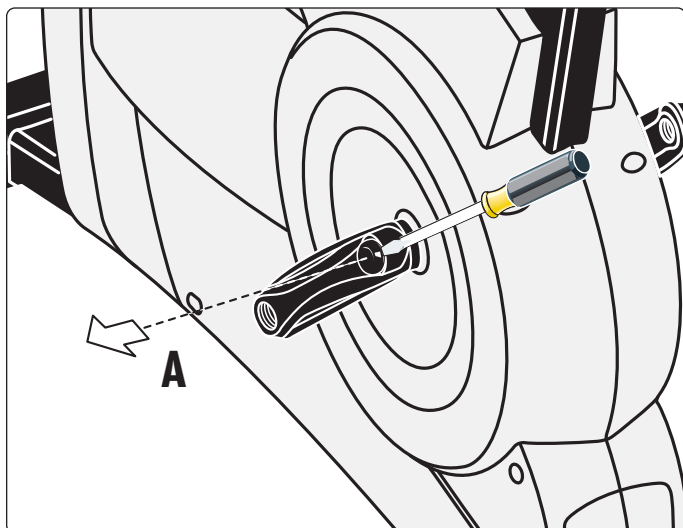


- d - Beispiel Typenschild - Seriennummer
 - gb - Example Type label - Serial number
 - f - Exemple Plaque signalétique - Numéro de serie
 - nl - Bij voorbeeld Typeplaatje - Seriennummer
 - e - Ejemplo Placa identificativa - Número de serie
 - i - Esempio Targhetta tecnica - Numero di serie
 - pl - Przykłady Tabliczka identyfikacyjna - Numer serii
 - cz - Příklad typového štítku - sériové číslo
 - dk - Eksempel type label - serienummer
 - p - Exemplo placa de características - número de série

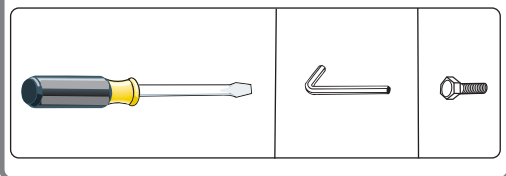
HEINZ KETTLER GmbH & Co. KG D-59463 Ense-Parist				
FREIZEIT MARKE KETTLER				
Trainingsgerät nach DIN EN 957-1, - 5		Klasse HB		
Nicht für therapeutische Zwecke geeignet				
Art.-Nr.: 07961-800				
→ Serien-Nr.: 1-334 0 - 1801 00001				
max. Belastung: 130 kg				
Made in Germany				
1	2	3	4	5



Demontage der Pedalarms



- D - Gehört nicht zum Lieferumfang.
- GB - Not included.
- F - Ne fait pas partie du domaine de livraison.
- NL - Is niet bij de levering inbegrepen.
- E - No forma parte del volumen de entrega.
- I - Non in dotazione alla fornitura.
- PL - Nie należy do zakresu dostawy.
- CZ - Nepatří do rozsahu dodávky.
- P - Não está incluído nas peças fornecidas.
- DK - Er ikke inkluderet i leveringsomfanget.



Zum Abziehen des Pedalarms entfernen Sie zuerst die Schutzkappe und Schraube (A). Halten Sie den Pedalarm fest und drehen Sie eine Schraube M12 (gehört nicht zum Lieferumfang) in die Gewindeöffnung (B). Nach einigen Umdrehungen können Sie den Pedalarm abnehmen (C).

- gb - Removal of pedal arms

To pull off the pedal arms remove cap and screw (A). Grip the pedal arm tightly, and screw in an M12 bolt (not supplied) into the thread (B). After a few turns you may take off the pedal arm (C).

- f - Démontage de la manivelle

Enlevez d'abord le capot de protection ainsi que la vis (A) avant de retirer le bras de la pédale. Tenez le bras de la pédale et vissez une vis M12 (ne fait pas partie de la gamme de livraison) dans l'ouverture de filetage (B). Vous pouvez retirer le bras de la pédale (C) après plusieurs tours.

- nl - Demontage van de krenk

Voor het losmaken van de cranken, verwijdert u eerst het beschermopje en schroef (A). Houd de crank vast en draai e g van de schroefdraad (B). Na enkele omwentelingen kunt u de crank verwijderen (C).

- e - Desmontaje de las manivelas de pedal

Para quitar la manivela de pedal hay que quitar primero la tapa protectora y el tornillo (A). Retenga la manivela de pedal y apriete un tornillo M12 (no forma parte del volumen de suministro) en la rosca (B). Después de haber efectuado algunas vueltas podrá quitar la manivela de pedal (C).

- i - Smontaggio dell'attacco del pedale

Per togliere l'attacco del pedale togliete prima il coperchietto protettivo e la vite (A). Tenete fermo l'attacco del pedale e girate una vite M12 (non compresa nella fornitura) nella filettatura (B). Dopo aver effettuato alcuni giri, potete togliere l'attacco del pedale (C).

- pl - Demontaż ramion pedału

W celu zdjęcia ramienia pedału należy najpierw usunąć osłonę i wykręcić śrubę (A). Przytrzymując ramię pedału wkręć śrubę M12 (nie należy do zakresu dostawy) w gwintowany otwór (B). Po kilku obrotach możesz zdjąć ramię pedału (C).

- cz - Demontáž kliky pedálu

Pro sejmutí kliky pedálu nejprve odejměte ochrannou čepičku a šroub (A). Pevně přidrže kliku pedálu a do závitového otvoru (B) zašroubujte šroub M12 (nepatří do rozsahu dodávky). Po několika otočeních lze kliku pedálu odebrat (C).

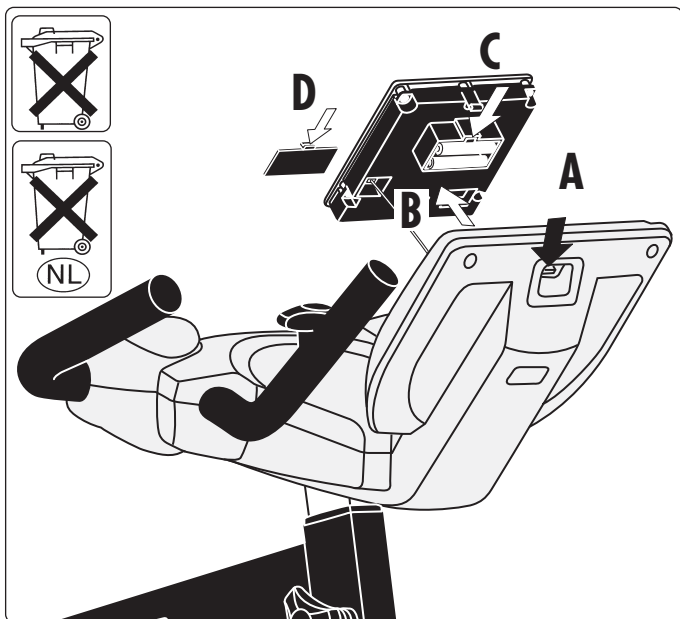
- dk - Afmontering af pedalarms

Fjern først beskyttelseskappen og skruen (A) inden pedalarmsen tages af. Tag fat i pedalarmsen og skru en M 12 bolt (er ikke inkluderet i leveringsomfanget) i gevindåbningen (B). Efter nogle få omdrejninger kan pedalarmsen tages af (C).

- p - Desmontagem dos braços do pedal

Para retirar o braço do pedal, remova primeiro a capa de proteção e o parafuso (A). Segure bem o braço do pedal e aparafuse um parafuso M12 (não está incluído nas peças fornecidas) no furo da rosca (B). Depois de dar algumas voltas, pode levantar o braço do pedal (C).

Batteriewechsel



- d - Batteriewechsel

Eine schwache oder erloschene Computeranzeige macht einen Batteriewechsel erforderlich. Der Computer ist mit zwei Batterien ausgestattet. Nehmen Sie den Batteriewechsel wie folgt vor:

- Nehmen Sie den Batteriefachdeckel ab und ersetzen Sie die Batterien durch zwei neue vom Typ AA 1,5V.
- Achten Sie beim Einsatz der Batterien auf die Kennzeichnung im Batteriefachboden.
- Sollte es nach dem Wiedereinschalten zu Fehlfunktionen kommen, klemmen Sie die Batterien noch einmal kurz ab und wieder an.

Wichtig: Aufgebrauchte Batterien fallen nicht unter die Garantiebestimmungen.

Entsorgung von gebrauchten Batterien und Akkus.



Dieses Symbol weist darauf hin, dass Batterien und Akkus nicht mit dem normalen Hausmüll entsorgt werden dürfen. Die Buchstaben Hg (Quecksilber) und Pb (Blei) unter der durchgestrichenen Mülltonne weisen zusätzlich darauf hin, dass in der Batterie/dem Akku ein Anteil von mehr als 0,0005% Quecksilber oder 0,004% Blei enthalten ist.

Falsches Entsorgen schädigt Umwelt und Gesundheit, Materialrecycling schont kostbare Rohstoffe.

Entfernen Sie bei der Stilllegung dieses Produktes alle Batterien/Akkus und geben Sie sie an einer Annahmestelle für das Recycling von Batterien oder elektrischen und elektronischen Geräten ab.

Informationen über entsprechende Annahmestellen erhalten Sie bei Ihrer örtlichen Kommunalbehörde, Entsorgungsbetrieb oder der Verkaufsstelle dieses Gerätes.

- gb - Battery change

A weak or an extinguished computer display makes a battery change necessary. The computer is equipped with two batteries. Perform the battery change as described below:

- Remove the lid of the battery compartment and replace the batteries by two new batteries of type AA 1,5V.
- When inserting the batteries pay attention to the designation on the bottom of the battery compartment.
- Should there be any misoperation after switching on the computer again, shortly disconnect the batteries once again and re-

insert them.

Important: The guarantee does not cover worn-out batteries.

Disposal of used batteries and storage batteries



This symbol tells you that batteries and storage batteries must not be disposed of with the normal household waste.

The symbols Hg (mercury) and Pb (lead) underneath the crossed-out rubbish bin also tell you that the battery or storage battery contains more than 0.0005% mercury or more than 0.004% lead.

Improper disposal damages the environment and can damage people's health. Recycling of materials conserves precious raw materials. When disposing of the appliance, remove all batteries and storage batteries from the product and hand them over to the collection point for the recycling of batteries or electrical or electronic appliances. Information about the appropriate collection points can be obtained from your local authorities, your waste disposal team or in the outlet where this appliance was sold.

- f - Changement de piles

Un affichage de l'ordinateur faible ou éteint impose un changement des piles. L'ordinateur est équipé de deux piles. Effectuez le changement comme suit:

- Enlevez le couvercle du logement des piles et remplacez-les par deux piles neuves du type AA 1,5V.
- Veillez au marquage au fond du logement lors de la mise en place des piles.
- En cas de dysfonctionnement après la remise en marche, enlevez brièvement les piles et remettez-les ensuite.

Important: Les piles usées sont exclues des dispositions de garantie.

Elimination des piles et des accumulateurs usagés.



Ce symbole indique que les piles et les accumulateurs ne doivent pas être éliminés avec les déchets ménagers ordinaires.

Les lettres Hg (mercure) et Pb (plomb) situées sous la poubelle barrée indiquent en outre que la pile/l'accumulateur contient une part de plus de 0,0005 % de mercure ou de 0,004% de plomb.

Une mauvaise élimination nuit à l'environnement et à la santé ; le recyclage des matériaux épargne de précieuses matières premières. Enlevez toutes les piles/accumulateurs lorsque ce produit est mis hors service et remettez-les dans un dépôt afin de recycler les piles ou les appareils électriques et électroniques.

Vous trouverez des informations concernant les dépôts correspondants auprès de votre commune, d'une entreprise de traitement ou dans le point de vente où l'appareil a été acheté.

- nl - Omwesseln van de Batterijen

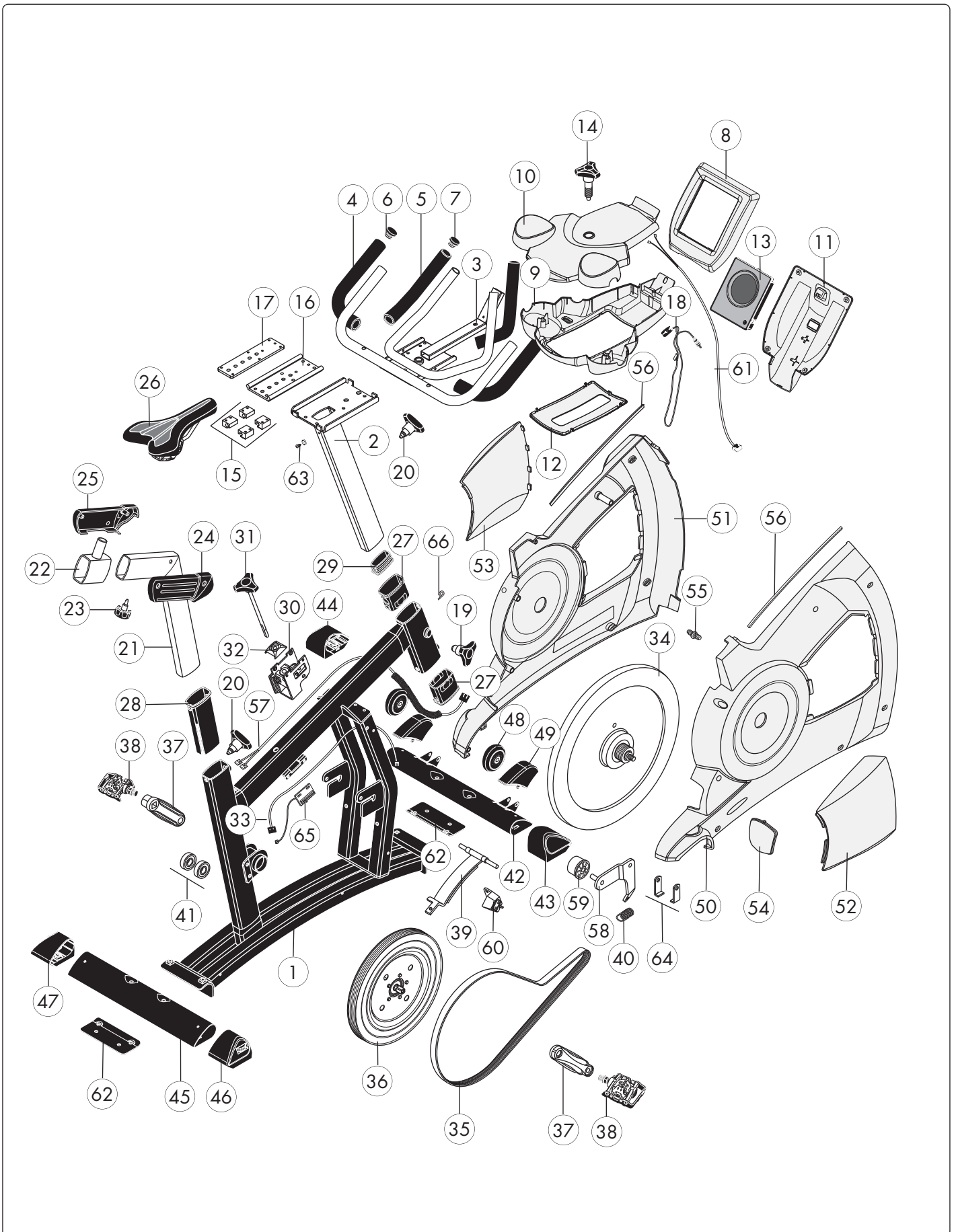
Een zwakke of weggefallen computerweergave maakt een batterijwisseling noodzakelijk. De computer werkt op 2 batterijen. Verwisselen van de batterijen gaat als volgt:

- Verwijder het deksel van het batterijenvak en vervang de batterijen door twee nieuwe van het type AA 1,5V.
- Let bij het verwisselen van de batterijen op de tekens in het batterijenvak.
- Treden er na het verwisselen nog foutieve functies op, haalt u dan de batterijen nogmaals uit het vak en duw ze weer terug.

Belangrijk: batterijen vallen niet onder de garantie.

Verwijderen van gebruikte batterijen en accu's.

Ersatzteilzeichnung



Ersatzteilliste Heimtrainer „RACE“

Teil-Nr.	Bezeichnung	Stück	Ersatzteil-Nr. für 07938-180
1	Rahmen	1	91112024
2	Lenksäule	1	91112044
3	Lenkerschlitten	1	91150757
4	Griffschlauch für ø21x3x300 mm	2	10118138
5	Griffschlauch für ø24,5x3x285 mm	2	10118139
6	Lamellenstopfen ø25 mm	2	10100030
7	Lamellenstopfen ø22 mm	2	10100027
8	Cockpit - OT (4914) mit Befestigung	1	70129452
9	Cockpit - UT (4917)	1	70129454
10	Cockpit - VT (4916)	1	70129453
11	Cockpit - HT (4918)	1	70129439
12	Abdeckung (4964)	1	70129440
13	Computer SM 3308-68	1	91170633
14	Griffschraube M16	1	91170623
15	Führungswagen	4	43001071
16	Führungsschiene	1	43001070
17	Gegenblech	1	97202074
18	Pulsabnehmer P-03	1	67000653
19	Sterngriffschraube	1	10103072
20	Griffschraube M 16	2	91170615
21	Sattelrohr	1	97100587
22	Gleitrohr	1	97100615
23	Griffschraube M12	1	91170308
24	Sattelrohrabdeckung rechts (4977) mit Teil 25 bestellen	1	70129323
25	Sattelrohrabdeckung links (4978) mit Teil 24 bestellen	1	70129324
26	Sattel (8549)	1	72008549
27	Führungsteil (4967)	2	70111041
28	Sattelrohrführung (4227)	1	70128781
29	Deckel (4965)	2	70129128
30	Verstelleinheit	1	94317980
31	Griffschraube M8x190)	1	91170626
32	Konsole (4921)	1	70129449
33	Geschwindigkeitsaufnehmer	1	67000670
34	Schwungrad mit Freilaufseinheit kpl.	1	91140475
35	Poly -V Riemen PJ8 1372	1	67005129
36	Antriebsrad mit Achse	1	91130137
37	Pedalarme (paar)	1	33001021
38	Pedale Typ VP-X93 (paar)	1	33300015
39	Magnetbügel	1	67000212
40	Zugfeder (f. Umlenkrolle) und Befestigungs-Schraube	1	25635052
41	Kugellager (6203-2RS)	2	33100003
42	Bodenrohr	1	91112017
43	Bodenschoner rechts	1	91170611
44	Bodenschoner links	1	91170612
45	Bodenrohr	1	91112018
46	Bodenschoner rechts	1	91170613
47	Bodenschoner links	1	91170614
48	Rolle	2	40814072
49	Abdeckung (4920)	2	70129114

Ersatzteilliste Heimtrainer „RACE“

Teil-Nr.	Bezeichnung	Stück	Ersatzteil-Nr. für 07938-180
50	Seitenverkleidung rechts (4903)	1	70129450
51	Seitenverkleidung links (4904)	1	70129451
52	Einsatz für Seitenverkleidung rechts (4905)	1	70129456
53	Einsatz für Seitenverkleidung links (4906)	1	70129457
54	Verkleidung-Einsatz (4907)	1	70129455
55	Verbindungsbolzen (3295)	2	70128489
56	Dichtlippe	2	12518755
57	Verbindungskabel unten	1	67000939
58	Aufnahmeblech	1	91140461
59	Spannrolle (1940)	1	70127202
60	Magnetaufnahme (3105)	1	70125805
61	Verbindungskabel 600mm	1	67000938
62	Gegenblech	1	91112015
63	Kunststoff U-Scheibe	1	10108130
64	Haltewinkel	2	1701428a
65	Schiebepoti	1	67000940
66	Kabelschelle	1	10121138
67	Schraubenbeutel (ohne Abbildung)	1	91180477

